

ABSTRACT OF THE DISCLOSURE

High fiber, reduced effective carbohydrate formulations useful for preparing food products such as tortillas, tortilla chips, taco shells, corn based snacks, breakfast cereal, and the like comprising about 10-80% masa corn flour; about 10-60% ground corn bran; about 1-20% pre-gelatinized flour and/or pre-gelatinized starch; about 0-60% ground corn germ; about 0-50% corn gluten meal; and about 0-30% vital wheat gluten or wheat protein isolate.